

Water Intoxication

**The Dangers of
Feeding a Baby Too
Much Water**



Water Intoxication...

...is caused from feeding your baby too much water. It can make your baby sleep

more than usual, and make your baby hard to wake up. Water intoxication can cause seizures, leading to brain damage or death.

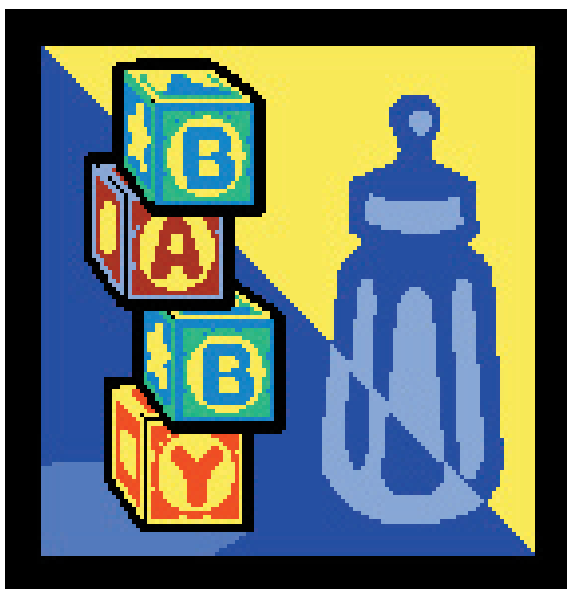
For the first 4 to 6 months, the only food babies need is breastmilk or formula. Both breastmilk and formula have all the water your baby needs.

Do NOT feed sugar water, flavored drinks, soda, tea, or bottled baby water in place of breastmilk or formula.

Mix powder or concentrated formula carefully, adding just the right amount of water. Adding too much water or too little water is harmful to your baby. If you are not sure how much water to add, call your dietitian, nutritionist, or doctor.

Most of the time babies with diarrhea should only be fed breastmilk or formula. The doctor may tell you to give a special fluid with electrolytes which helps some babies while their diarrhea gets better. Although it is clear, it is not the same as water. Only give a baby if you are do so by your healthcare provider.





Missouri Department of Health and Senior Services

P.O. Box 570, Jefferson City, MO 65102-0570

Telephone: 1-888-435-1464

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil

Rights, Room 326-W, Whitten Building,

1400 Independence Avenue, SW, Washington, DC 20250-9410

or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer. This publication may be provided in alternative formats such as Braille, large print, or audiotape by calling 1-888-435-1464. TDD users can access the above phone number by calling 1-800-735-2966.

**AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION
EMPLOYER**

Services provided on a nondiscriminatory basis.

NPE – 09/04